



## Shaved Brussels Sprouts & Kale Salad

4 servings

15 minutes

### Ingredients

3 tbsps Extra Virgin Olive Oil  
1/4 cup Orange Juice (freshly squeezed)  
2 tsps White Wine Vinegar  
1 tsp Raw Honey  
1/2 tsp Dijon Mustard  
Sea Salt & Black Pepper (to taste)  
3 cups Brussels Sprouts (shaved)  
2 cups Kale Leaves (finely chopped)  
2 Navel Orange (small, segmented)  
3/4 cup Pomegranate Seeds  
1/2 cup Pecans (chopped)

### Directions

- 1 In a jar with a lid, add the oil, orange juice, vinegar, honey, dijon, salt, and pepper. Close the lid tightly and shake well until combined and emulsified.
- 2 In a large bowl, add the Brussels sprouts and kale. Add a splash of the dressing and massage with your hands to soften the Brussels sprouts and kale. Add the orange pieces, pomegranate seeds, and pecans.
- 3 Add the remaining dressing all over and toss to combine. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is approximately two cups.

**More Flavor:** Add a smashed clove of garlic to the dressing. Discard when ready to serve.

**No White Wine Vinegar:** Use apple cider vinegar.